



# Coordinators' Communique

## State Health Plan Prevention Partners

October/November 2004

### **Health at Work Conference**

This year's "Health at Work" conference will be held on Friday, December 3, 2004. This is an event that Prevention Partners sponsors each year to say thank you to our coordinators and their co-workers. We try to make the topics relate to your concerns and questions, as well as current issues. We also want you to have a good time and relax, so this year we are taking the conference back to Riverbanks Zoo and Botanical Garden.

A "Health at Work" registration brochure will be sent to you soon and posted on our website by November 1. Just go to [www.eip.sc.gov](http://www.eip.sc.gov) and click on "Prevention Partners" on the left-hand side of your screen. The brochure can be found on our front page, or in our Coordinator Tools and Support section, a special section for Prevention Partners coordinators only. The password to get into this special coordinators section is: 4ahealthyu.

### **Every Step Counts**

Our new pedometer has quickly become one of the best selling items in Prevention Partners history. For those of you that may have questions about programming your new pedometer, please call 1-800-811-8990. This number will provide answers for any technical questions you may have.

And for those that have not heard, these pedometers are available through Prevention Partners for the incredible low price of just \$3.60. These pedometers provide accurate pendulum movement and display information such as time of day, distance traveled, average speed, calories burned, and steps taken. For information on ordering call (803) 737-3820 or go to our website [www.eip.sc.gov](http://www.eip.sc.gov) (click on "Prevention Partners" then go to "Prevention Partners, Products and Services" and click on "Every Step Counts").

### **Preventive Worksite Regional Screenings**

For those who would like to participate in one of our regional screenings, the next two are as follows:

- November 4, 2004      Beaufort      Beaufort-Jasper Water & Sewer Authority
- November 18, 2004      Darlington      Darlington County School District

Registration forms are available approximately four weeks prior to a screening and can be obtained from our website, [www.eip.sc.gov](http://www.eip.sc.gov) (click on "Prevention Partners" and go to "Early Detection"). For more information or to have a registration form faxed to you, contact Elliott McElveen at (803) 737-0112 or email him at [emcelveen@eip.sc.gov](mailto:emcelveen@eip.sc.gov).

### **Chronic Disease Workshops**

We have one chronic disease workshops coming up in the near future. Workshops are open to all employees, their dependents and retirees. The workshop currently scheduled is as follows:

- Nutrition for Diabetes      December 14, 2004      North Charleston      Trident Tech

Registration forms for any of our chronic disease workshops will be available approximately one month prior to the workshop date and can be obtained from our website, [www.eip.sc.gov](http://www.eip.sc.gov) (click on "Prevention Partners" and go to "Disease Management"). For more information, contact Ramsey Makhuli at (803) 737-3823 or email him at [rmakhuli@eip.sc.gov](mailto:rmakhuli@eip.sc.gov).

### **Flu Shot Facts**

Unsure about getting the flu shot? Lets look at the facts. The flu typically comes with sudden fever, fatigue, chills, headaches, dry cough, congestion, and severe muscle and body aches. While normally lasting between several days to a couple of weeks, complications can lead to pneumonia or death. In fact each year in the United States, more than 200,000 people are hospitalized from flu complications, and approximately 36,000 people die.

With South Carolina's flu season generally running from November to February, October or November is the best time to get vaccinated. The vaccine is good for about six months and is approximately 75% effective in preventing the flu. And by being made from noninfectious purified viral proteins, the flu vaccine CANNOT give you the flu. If you are a high risk individual (you are 65 or older, an adult or child with chronic medical conditions, a person living in a long-term care facility, etc.) it is recommended that you be vaccinated. To find a flu shot in your area, please call 1-800-277-4687 or check out the following websites:

<http://www.mrnc.org/fcf/scfcf.aspx>    [www.scdhec.net/hs/diseasecont/immunization/contact.htm](http://www.scdhec.net/hs/diseasecont/immunization/contact.htm)

#### **Contents of this mail-out are:**

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